

SENIOR HI-LITES

August

2026

JAMES RIVER SENIOR CITIZEN'S CENTER, INC.
1009 13TH ST NE, JAMESTOWN ND 58401
www.jamesriverseniors.com 701-252-2882
We're On Facebook Too!

**Published
Monthly**

Welcome to Our New Home

Something exciting is happening!

- ✓ More activities
- ✓ Soft-serve ice cream 
- ✓ Brighter, larger gathering spaces
- ✓ More parking 
- ✓ Expanded loan closet
- ✓ Delicious noon meals 
- ✓ Free exercise classes 
- ✓ Transportation for all ages
- ✓ Home-delivered meals
- ✓ Beautician on site 

This Month at a Glance

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The Medicine
Shophe®
PHARMACY

703 1st Ave S IN STORE CURBSIDE
701-252-3002 DRIVE UP FREE DELIVERY

James River Senior Center, Classic Catering, and James River Public Transit
Senior Center Hours: 8:00 am – 4:30 pm Monday thru Friday
OUR NEWSLETTER IS NOW ONLINE AT: www.jamesriverseniors.com

On-Going Activities: - Please RSVP @ 701-252-2882

Mondays –Thursdays - Exercise with Colten- 10:00 a.m.

Mondays - Tech Questions with Colten - 1:30 p.m.

Wednesdays - Bingo - 1:00 p.m.

Fridays - Game Day Exercises - 10:00 a.m.

Tuesdays & Fridays - Pinochle - 1:00 p.m.

1st Mondays - Come Celebrate Your Birthday - 12:15

3rd Mondays - Technology with Mary Reed—12:30

4th Wednesdays- Legal Aid - 1:00 p.m.

2nd Thursdays - Master Gardener Class - 2 p.m.

2nd Thursdays - JACAI - 11:30

3rd Thursdays - Memory Café 1:00 p.m.

4th Thursdays- Movie - 1:00 p.m.

2nd Fridays - Craft Day - 1:00 p.m.

**THURSDAYS ARE
FREE POPCORN
DAY!**

**Soft Serve Ice Cream
the First and Last
Week of Each Month
- While it Lasts!**

For Our August 2026 Activities & Menus Please See Insert

New Building Wish List

In case you would like to donate but want something specific to donate to, or if you have one of the items that you are willing to donate, here is our list:

- Pave Back Parking Lot
- Air Conditioning in Back Room - Kitchen
- 10 x 12 Storage Shed
- Wireless Speaker System
- Fence For Patio Area
- Patio Furniture
- Room Dividers
- Electronic Bingo Board
- Bicycle Rack
- Air Conditioning in Bus Garage for Repairs & Maintenance
- More Raised Gardens

*Wish
*List**

TRANSIT HOURS REMINDER:

Rides Available:

Mon - Thurs: 6:15 a.m. - 6:00 p.m.

Friday: 6:15 a.m. - 7:00 p.m.

Saturday: 8:00 a.m. - 6:00 p.m.

Sunday: 8:00 a.m. - 1:00 p.m.

Dispatch Available:

Mon - Thurs: 7:30 a.m. - 4:45 p.m.

Friday: 7:30 a.m. - 6:00 p.m.

Saturday: 8:00 a.m. - 5:00 p.m.

Sunday: 8:00 a.m.-12:00 p.m.



Are You Lost With Today's Technology & Scams?

Answers by Mary

Brought to You by AARP

- Got a new phone and not sure where to start?
- Kids and grandkids all on Facebook and you want to keep up?
- Want to know how to stop those annoying robocalls?
- Wondering which messages are scams and which are real — and how to tell the difference?
- Is paying bills online really safe?

Bring these and any other questions you have!

Every 3rd Monday of the month at 12:30 in the Café at 1009 13th St NE

RSVP not required but appreciated.

Call 701-252-2882



**Come
and try
your
hand at
Notan
Art**

August 14th

August 14, 2026 1:30 p.m.

(2nd Friday of Each Month)

Call to reserve your spot- limited seating & materials

701-252-2882

EARLY DETECTION IS KEY!

As summer comes to an end, it's the perfect time to make your hearing health a priority. From vacations and family reunions to outdoor events and backyard gatherings, hearing well helps you stay connected to the people and moments that matter most.

If you've noticed that conversations seem less clear, you're asking others to repeat themselves more often, or background noise makes it difficult to follow discussions, it may be time for a hearing evaluation. Hearing changes can happen gradually, making them easy to overlook.

A comprehensive hearing check can help identify changes in your hearing and provide valuable information about your overall hearing health. Early detection is key to addressing hearing concerns and maintaining an active, connected lifestyle.

With fall activities, school events, and holiday gatherings just around the corner, now is an excellent time to schedule your hearing check and ensure you're ready to enjoy every conversation.

Contact our clinic today to schedule your end-of-summer hearing check. We look forward to helping you hear your best this fall!



Eichler
HEARING CENTER

**Call today to schedule your
Appointment!
800-441-1431**

JAMES RIVER TRANSIT INFORMATION

Rides Available: M-Th 6:15 a.m. - 6:00 p.m. Fri 6:15 a.m. - 7:00 p.m. Sat 8:00 a.m. - 6:00 p.m. Sun 8:00 a.m. - 1:00 p.m.

Dispatch Available : M-Th 7:30 a.m. - 4:45 p.m., Fri 7:30 a.m. - 6:00 p.m., Sat 8:00 a.m. - 5:00 p.m. Sun 8:00 a.m. - 12:00 p.m.



Join us for a warm Meal at any of our Meal Sites.

Jameshouse, Gardenette or the James River Senior Center.

One way Transit Ride will only cost .50 cents when you join us for lunch or a Supper Night. **From Home to Meal Site, Meal Site to Home ONLY.**

JRMC * CLINIC APPOINTMENTS

Monday thru Friday

<u>Leaving City</u>	<u>Loading from</u> <u>JRMC/CLINICS</u>
8:20 am	8:30 am
9:20 am	9:30 am
10:20 am	10:30 am
11:20 am	11:30 am
12:20 pm	12:30 pm
1:20 pm	1:30 pm
2:20 pm	2:30 pm
3:20 pm	3:30 pm

Call 252-7888

Times are Approximate

Walmart Riders

Watch for the bus at these times:

MONDAY THRU FRIDAY

8:40 am — 9:40 am — 10:40 am—
11:40 am—12:40 pm—1:40 pm —
2:40 pm and 3:50 pm

**Pickup Locations Change
Often so Ask Dispatcher and
Watch for the Bus.**

Out of Town Services

Every 1st & 3rd Tuesday-**Bismarck**

Every Wednesday-**Fargo**

**Please Schedule your Medical
appointments between 10:00 —2:00
Charge is 40.00 round trip, escort free
If you are ND Medicaid eligible, you
must be pre-approved for out-of town
service**

Must Schedule Ride 24 hours in Advance
(By 12:00 noon day Prior)

**Please call 252-7888 to schedule
your ride.**



SAVING FOR SENIORS!

There are some changes for the 2026 tax filing season that people who are 65 years of age and older should be aware of. The most recent being the enhanced deduction for seniors, which is a provision of the [One, Big, Beautiful Bill](#).

The IRS is sharing what's new, as well as some reminders specifically for seniors.

[Enhanced deduction for seniors](#)

A new deduction that is in addition to the current additional standard deduction for seniors under existing law.

- For tax years 2025-2028, taxpayers who are age 65 or older may be eligible to claim an additional \$6,000 deduction per person (\$12,000 if married filing jointly and both spouses are eligible)
- To be eligible, the person must be 65 on or before the last day of the tax year
- It is available to eligible taxpayers who claim the standard deduction or itemize
- The deduction phases out for taxpayers with modified adjusted gross income over \$75,000 (\$150,000 for joint filers)

[Earned Income Tax Credit](#)

- EITC helps low to moderate-income workers and families get a tax break
- The maximum income amount for claiming the credit for the 2025 tax year is \$68,675. The amount of the

credit may vary based on income, family size and filing status.

[Tax return preparation assistance](#)

There are several resources available that offer help with filing federal tax returns.

- Volunteer Income Tax Assistance and Tax Counseling for the Elderly are free programs that offer help to low- to moderate-income taxpayers and taxpayers 60 or older to prepare and file their returns. For the closest VITA/TCE site, use the [VITA Locator Tool](#) or call [800-906-9887](tel:800-906-9887)
- AARP Foundation Tax-Aide offers free tax preparation and has thousands of locations in neighborhood libraries, malls, banks, community centers, and senior centers annually during the filing season. For more information, go to [AARP.org/TaxAide](https://www.aarp.org/TaxAide) or call 888-AARP-NOW (888-227-7669)

Check withholdings

Any earned wages are subject to withholding for income tax, social security tax, and Medicare tax even if the taxpayer is receiving social security benefits.

Social security benefits information

Social security beneficiaries may quickly and easily obtain various information from the Social Security Administration's website with a "My Social Security" account, including getting a replacement Form SSA-1099 or SSA-1042S. For more

NEW PROGRAM!

AdaptAbility supports North Dakotans in maintaining safety, independence and the ability to live in their homes for as long as possible. The program provides occupational therapy evaluations and other professional services that can result in home modifications and the use of medical equipment and assistive technology. All at no cost to the participant. If you know someone who would benefit from this program, please email otservices@ndassistive.org, call ND Assistive at 1-800-895-4728, or visit ndassistive.org and fill out a "Contact Us" form.



DAILY BREAD PROGRAM

Serves People in Need of Food

Food Locations:

St. John's Lutheran Church

424 1st Ave S

James River Senior Center

1009 13th St NE

Riverside Cottages

1321 Gardenette Dr

Most Public Schools

First United Methodist Church

115 3rd St SE

St Paul's Methodist Church

1000 5th Ave NE

JULY **DONATIONS**

Bank Forward

June Chadwick

Eddy Funeral Home

JoAnne Etter

Blaine & Sheri Guthmiller

Hillerud Construction

Carol Hillstrom

Dwight & Janine Hofmann

Larry Junker

Marvin & Joan Lee

Gail Marsolek

Larry & Sheila Moser

ND League of Cities

William Parries

Progress Enterprises

Don & Melida Schwehr

**Ashley Strukel - Good Help
LLC**

Paul Weber

IN MEMORY

**Brian & Bonnie Carlson in
Memory of**

Leslie Lueck

Rhonda Eichhorn

in Memory of

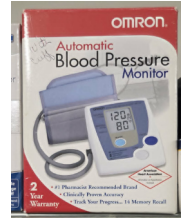
Susan Giese



LOAN CLOSET ITEMS

**We have the following items available
for loan or purchase:**

- * Blood Pressure Monitors
- * Adult Pads (Free)
- * Back Braces/Supports
- * Magnifiers
- * Walkers
- * Canes
- * Shower Chairs
- * Wrist/Elbow Braces



JOIN LAURIE TO MAKE BEAUTIFUL POUNDED GREETING CARDS

**Join us for a fun, hands-on class where you'll
turn fresh flowers into stunning handmade
greeting cards using the art of flower
pounding.**

 **No experience necessary!**
 **All materials will be provided.**

**Please RSVP so we have enough supplies for
everyone.**

 **Call 701-252-2882 to reserve your spot!**

2 pm - August 13th

How To Spot Medicare Scams

How Scammers Find Your Personal Information Online

Scammers look up information about people before they contact them. They can find details on public records, people-search websites, and social media without needing to hack anything. In a matter of minutes, a scammer can gather enough information to make their scam seem real. Because scammers already know personal details, their messages often sound believable and convincing.

Personal Information Scammers Can See

- Your home address and places where you have lived before
- Names of your family members, such as parents, brothers, sisters, and children
- Your age, birthday, and phone number
- Photos you share on social media
- Where you work or have worked, and where you went to school
- Your hobbies, interests, and groups or causes you support
- Public court records or legal documents
- Information about things you buy online or reviews you post online
- Scammers can find email addresses on a funeral home website after you visit an obituary and leave a message for the family.

Why Certain Groups Are Targeted More. Experts say scammers often target veterans, older adults, and people near retirement:

- Their personal information is often easy to find in public records
- They may trust messages that seem to come from official sources
- They may be using medical, financial, or government systems that scammers target

Steps to Protect Your Information Online. Search your name online to see what information is public. Remove your information from people-search sites like Whitepages, Spokeo, and MyLife. Set your social media accounts to private. Avoid sharing personal details like your birthday, travel plans, or military service.

Reporting Medicare fraud:

Your online footprint is bigger than you think, and scammers use it to target people. You can lower your risk by sharing less personal information online and watching out for common scam tricks.

If you suspect fraud, contact the ND SMP at ndsmp@minotstateu.edu or call 833-818-0029 or 701-858-3580.

For non-Medicare fraud issues, contact the ND Attorney General's Office at 800-472-2600.

The information provided is intended to be a general summary only. Source of information: National Council on Aging (NCOA). (2025, February 24). *5 warning signs of a Medicare scam—and how to protect yourself*. Medicare.

North Dakota Senior Medicare Patrol Phone: 833-818-0029 or (701) 858-3580

For more information or to locate your SMP, visit <https://ndcpd.org/smp/>

Like us on Facebook: North Dakota Senior Medicare Patrol

JAMES RIVER SENIOR CENTER & PUBLIC TRANSIT

DONATION FORM

Enclosed is my gift of: _____

In Memory of: _____
Name

In Honor of: _____
Name

Specific Purpose: _____ Building Fund _____ Meal Program _____ Transit
_____ Wish List Item _____
(Name of Item)
_____ As Needed

Donor Information: Name _____
Address: _____
City State Zip

Mail to: JRSC & PT, PO Box 1092, Jamestown, ND 58402

Or donate online at: www.jamesriverseniors.com

Memory Cafe'

Do you or a loved one have memory loss? Join us for a heartfelt conversation and meaningful connections at the Buffalo City Memory Cafe! Come and enjoy Coffee, Snacks and Build New Friendships.

3rd Thursday of Each Month

1:00 - 2:30 p.m.

James River Senior Center

1009 13th St NE

For More Info Contact:
Kari (701-252-8130)
Maureen (701-952-7900)





**HELP
WANTED**

Flexible, Full & Part Time Transit Drivers

Retired? We have a great set up for you. Pick your days - earn some extra cash.

For more information and to apply, contact:

James River Senior Center & Public Transit
jamesriverseniors@gmail.com

Or go online at:

<https://jamesriverseniors.com/career-and-volunteer-opportunities/>

James River Senior Center Home Delivered Meals 1009 13th St NE NEW LOCATION

Delivering smiles one meal at a time.

VOLUNTEERS NEEDED
252-2882



**VOLUNTEERS
NEEDED**

Classic Catering



Classic Catering is available to cater any size event in-house or we can deliver to your location.

- ♦ Brunches, Lunches, Dinners
- ♦ Family reunions
- ♦ Birthday celebrations
- ♦ Weddings
- ♦ Holiday events
- ♦ Anniversaries
- ♦ Graduation parties
- ♦ Business meetings & training sessions

**JRSC also has Rooms Available
For Your Occasion; Big or Small.**

For meetings we can provide:

- ♦ LCD projector
- ♦ Microphone
- ♦ Large screen

**Classic Catering and Party Event
Planning contact:
Rhonda or Maureen
252-2882**



SUMMER IS HERE!



Q	Q	U	B	A	R	B	E	Q	U	E	P	C	S	U
K	D	E	M	H	O	D	V	G	B	I	E	Y	R	Z
V	P	Y	J	A	H	U	M	I	D	I	T	Y	E	D
B	J	L	T	Z	L	H	K	L	E	W	O	T	W	B
I	X	I	A	Q	Z	S	H	X	J	C	F	S	O	J
D	N	I	A	N	T	O	K	S	G	U	X	W	L	F
G	G	H	W	A	T	E	R	I	H	L	N	E	F	I
E	Z	E	E	R	B	I	E	B	I	C	P	L	U	S
B	L	I	D	T	Y	N	N	U	X	N	A	T	K	H
Z	Q	C	A	H	I	S	R	G	P	V	G	E	Z	I
F	R	E	I	H	B	G	P	U	C	L	L	R	B	N
L	H	H	S	S	X	U	K	A	Y	A	K	I	N	G
J	Z	N	T	P	P	B	W	M	X	Z	D	N	G	Z
J	U	E	D	A	N	O	M	E	L	G	R	G	R	M
S	W	N	N	F	T	P	P	S	P	J	B	G	O	I

BARBEQUE
BREEZE
FLOWERS
HUMIDITY
PLANTING
SUNSHINE
WATER
BEACH
BUGS
HEAT

SWELTERING
BOATING
FISHING
HOT
LEMONADE
SKIING
TOWEL
KAYAKING
POPSICLE



How Can I Prevent Diabetes?

What is prediabetes?

Prediabetes is a warning sign that you are at higher risk for developing Type 2 diabetes. Prediabetes is when your blood sugar level is higher than normal but not yet high enough to be classified as Type 2 diabetes. Without any lifestyle changes, your blood glucose levels may continue to rise. By committing to eating a healthful diet, losing weight or maintaining a healthy weight, and being physically active, you can help restore your blood glucose to normal.

How can I prevent prediabetes?

The most effective way to prevent prediabetes is to make lifestyle changes that increase healthful eating behaviors and physical activity. The American Diabetes Association recommends the following lifestyle changes:

Eat Well

- Create a meal plan that includes fresh fruits and vegetables, whole grains, lean meats, poultry and dairy products, and limits processed foods

Exercise

- Exercise at least 30 minutes per day five days per week. You can begin slowly and work your way up to 30 minutes if needed.

Lose Weight or Maintain Weight

- Losing 5 to 7% of your weight can reduce your risk for developing Type 2 diabetes significantly. Make lifestyle changes to lose weight gradually to lower your risk. If you already are at a healthy weight, maintain it.

*Article taken from NDSU website: [*https://www.ndsu.edu/agriculture/extension/publications/how-can-i-prevent-diabetes](https://www.ndsu.edu/agriculture/extension/publications/how-can-i-prevent-diabetes)*

Services

Foot Care Clinic

Most Wednesday's of every month Central Valley Health Unit Nursing staff will provide foot care. The exam includes brief foot soak, toenail and fingernail trim and file, and moisturizing. The suggested donation is \$40.00 for this service. Services for 60 and older. No one is denied services because of inability to pay.

Every Wednesday (no 5th Wed)

9:00 am—11:00 am

Foot Care

Appointment necessary

To make an appointment for your foot care call

Central Valley Health @ 252-8130



Legal Services



If you are in need of legal services please call 252-2882 to schedule your appointment. Legal Services come from Fargo once a month on the 4th Wednesday of each month.



James River Senior Center

LOAN CLOSET – 252-2882

One time rental fee of \$10.00 for walkers, walker trays, rolling walkers, commodes, toilet risers, canes, quad canes, shower seats.

One time rental fee of \$20.00 for wheelchairs & knee scooters.

If you're unable to pick up medical equipment, we can deliver for a fee of \$5.00 within city limits. If you move out of town/state, please return our equipment. When you're done with equipment please clean equipment and return it.

In need of donations of used hearing aids & other loan equipment.



****We are not responsible if you injure yourself while using our items. Rentals within Jamestown Area Only.**

Senior Companions Program

**Home visits for lonely, homebound seniors in Stutsman Co.
Provided by senior volunteers.**

- * Bringing smiles & laughter
- * Helping to relieve loneliness & encourage activity
- * Empowering seniors to remain living independently
- * Providing respite for family caregivers

**Contact Kathy (252-2882)
to learn more about this free program.**

EXCITING NEW HAPPENINGS AT THE SENIOR CENTER

**James River Senior
Center Presents:**
**THE RETURN OF
SUPPER NIGHTS**



Please Join us
AUGUST 13TH
5:30 PM

RSVP 701-252-2882

1009 13th St NE, Jamestown, ND

S'more Bingo Fun!



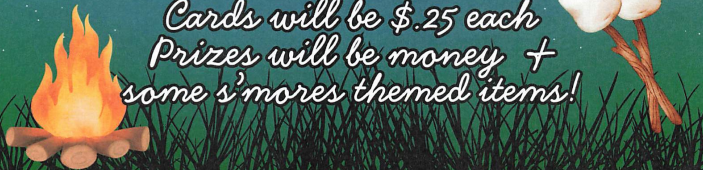
sponsored by:



SMP Health
Ave Maria

Thursday, August 13th
Treats: 12:30 pm
Bingo: 1 pm
at the Senior Center!

*Cards will be \$.25 each
Prizes will be money +
some s'mores themed items!*



Reminder to our Senior Meal Participants

If you receive Home Delivered Meals and this is the month that your 1 year Registration is due, you will receive a phone call from Kathy Evenson that it is time for her to come see you in your home and update all of your information.

If you are a person that eats at one of our Congregate meal sites such as the Gardenette, Center I, Jameshouse, Medina or Streeter and it's time for your yearly Congregate Meal Registration, you will be contacted by Kathy Evenson. She will catch up with you at lunch time or on a supper night. She will stop at your meal site.

The meal registration is painless, takes a short amount of your time and it is required under the guidelines of the Older American's Act. Thank you for your cooperation. Nutrition Staff of James River Senior Citizens.

New Service

Beauty Salon



**JAMES RIVER SENIOR
CENTER IS ACQUIRING AN
IN HOUSE BEAUTICIAN**

**MONDAYS 9-4
THURSDAYS 9-4**

**CALL MISSY FOR AN
APPOINTMENT
701-320-7959**

James River Senior Citizens Center Inc.

Office: 701-252-2882

Transit: 701-252-7888

Fax: 701-252-2529

E-mail: jamesriverseniors@gmail.com

Website: www.jamesriverseniors.com

JRSC STAFF

Receptionist: Dennette

Event Coordinator: Colten

Outreach Coordinator: Kathy

Transit Billing: Glen - Kathy

Transit Drivers: Jeff, Glen, Les, Larry, Dwight, Jim
John E, Ron, John F, Julius, Randy, Roxanne,
Roger, Luciana, Jeffery, Gerald, Jake, Mike

Transit Dispatchers: Luciana, Kathy, Kelley, Dave

Fleet Manager/Sales: Glen

Kitchen Staff: Rhonda, Nathan, Paulette

Gardenette Site Manager: Paulette

James House Site Manager: Carol

Housekeeping: Ryan, Blaine, Lacey

Maintenance: Jay **Admin Assistant:** Kelley

Office Manager: Rhonda **Director:** Maureen

DISCRIMINATION POLICY:

James River Senior Citizen Inc. is committed to compliance with Title VI of Civil Rights Act of 1964 the Civil Rights Restoration Act of 1987.

James River Senior Citizens Inc. assures that no person or groups of persons shall, on the grounds of Race, Color, Sex, Age, National Origin, Disability/Handicap, and income status, be excluded from participation in, be denied the benefits of, or be otherwise subjected to

discrimination under any and all programs, services, or activities administered by

James River Senior Citizens Inc.

Director: Maureen Wegenke
James River Community Center, Inc.
PO Box 1092 Jamestown, ND 58402-1092
(701) 252-2882



ADVERTISE HERE!

Your Information will
be Sent Through Mail, Email and
Internet! Call 701-252-2882 for
More Information

SERVICES PROVIDED IN STUTSMAN COUNTY

For the Month of June 2026

Home delivered Meals: 2236

Congregate: 727

Transit Rides: 3,284

Transit Miles: 12,369

James River Senior Citizen's Center, Inc.

Board of Directors hold Board Meetings on the 4th Monday of every other month at 11:00 am. You are welcome to attend these meetings. Please let the receptionist know if you plan to attend, and we will make sure there is a meal available for you and put you on our Agenda. If you have any questions, please contact Director Maureen Wegenke, or Rod Olin, President of the Board.

2025-26 Board of Directors

President— Rod Olin

Vice-President— Deb Lee

Secretary/Treasurer— Sue Corwin

Directors: Tom Geffre, Linda Misemer, Jim Boatman & Joan Morris